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"Sanitary" Hair Preparations are just what the name implies. They cleanse and cure the scalp of all diseases, such as Dandruff, Tetter or Eczema, and finally produce a thick growth of hair.

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TESTIMONIALS

I have been taking treatment from Mme. Martin for about three months. My hair has grown wonderfully—three inches. My scalp is perfectly clean of disease, which was never so before. Sanitary Hair preparations have given me perfect satisfaction. I recommend them highly.

MRS. KATIE BROOKS,
2112 W. Prospect,
Kansas City, Mo.

I began to use Madam Martin's "Sanitary Hair Preparations" March 1st, 1915. I can positively say that

her preparations are wonderful. Before using my hair was very thin on account of my bad scalp, but now it is thicker than it has been for years and it has grown several inches since March 1st, 1915.

MRS. G. H. SMITH,
3406 E. 6th St.,
Kansas City, Mo.

Madam Martin's "Sanitary Hair Preparations" have produced results that no other preparations have done. My scalp was in a very bad

condition; my hair was about 1 1/2 inches in length, but after three months' treatment with Mme. Martin's Sanitary Hair Preparations my hair has grown 3 1/4 inches.

For many years I tried many other preparations, but found nothing that would heal my scalp and grow my hair, until I used Mme. Martin's Preparations. I highly recommend them.

Any information desired consult,
MRS. HARRIET FRISTO,
2223 Woodland Ave.,
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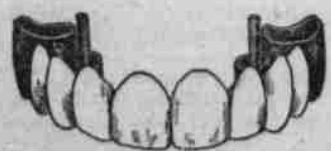
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Fifty Years of Masonry

By JOE E. HERRIFORD, P. M.

Chapter 19.

(By Joe E. Herriford, P. M.)
The Most Worshipful Grand Lodge of Missouri has never held a more memorable session than that which was convened in the city of St. Louis, the third Tuesday in August, 1892. The personnel was remarkable in that instead of being a mere representation of the best men of the race was rather a collection of them. When the Grand Master rose to complete the formal opening of the body he saw before him Cooper, Covington, Jones, Chinn, Ousley, Owens, Graham, Golas, Grigsby, Johnson, Ricketts, Moore, Daniel, Perkins, Guy, Carter, Jenkins, Winston, Trent, Dupee, Gordon, Smith, Grisham, Yates, Williams, Cole Parker, Wheeler, Grant, Prentice, Delaney and Page, the latter at that time in the flower of his popularity and usefulness as the head of Lincoln Institute and the others all powerful and useful in other walks of life.

Nor was this all. There had come up to this meeting the most prosperous farmers, mechanics and tradesmen, all making up the sum total of Negro progress in Missouri. Visitors were present from four other jurisdictions—Tennessee, Texas, Iowa and Illinois.



Only twenty lodges were represented by proxy and of these one-half were safely given into the hands of Pelham, Ricketts and Chinn.

Brother R. H. Cole of St. Louis delivered an eloquent address of welcome to the assembled guests and was responded to by the Peerless G. N. Grisham of Kansas City. During the morning President Page was heard as was O. M. Wood, Rev. J. L. Gohran, and J. W. Dorsey.

Brother Milton F. Fields who was at that time the official head of the Royal Arch Masons and who had done so much to establish that department was voted the privileges of the floor and accorded other honors.

The Grand Master's address was a real gem of elegance and lucidity. With a view toward Masonic recognition he had corresponded with grand lodges of four foreign countries and several jurisdictions of this country. The American bodies, deep dyed in the stain of race prejudice, not only were obdurate themselves but stood in the way of the foreign bodies who hesitated to aggravate them by manifesting too much interest in the black brethren.

The subject of Masonic Temple was not made a part of the address but there was a recommendation to invest fifteen hundred dollars in government bonds, also to institute a system of small loans to lodges attempting to erect halls. The Masonic Relief dues were increased to one dollar and fifty cents per member and the benefits to one hundred dollars. A net balance of over two thousand dollars general fund was held by the treasurer, Brother William H. Jones.

Upon the election of officers during the second day the same opposition toward the Grand Master was apparent but he was re-chosen. W. W. Yates received the well deserved honor of being chosen Deputy Grand Master and Charles Grigsby as a recognition of his high conceptions of a real Masonic worker was made Junior Grand Warden. For several years he had been and is until this day one of the most devoted craftsmen and the one Masonic Hall at Liberty is largely the result of his tireless energy and honest administration.

There was also at this time and had been for several years a young Mason by the name of Harry R. Graham. He was the organizer of Graham Lodge, No. 85, of Kansas City, and afterwards being employed as a teacher at Gallatin, Mo., built up Anchor Lodge, No. 133, managed the purchasing of a hall and had established the work of the craft in several other sections of the state. He was very useful at all meetings of the Grand Lodge, being accurate and painstaking in record work, quiet, dignified and unassuming at all times.

It was about this time that the bond of fellowship and manly affection became so strong among several of the younger set of the organization that the famous K. Y. Club was formed for the purpose of promoting aggressive service to the Grand Lodge and for practically extolling the virtues of manly devotion. Its principal members were Chinn, Ricketts, Cooper, Herriford, Moore, Winston, Williams, W. H. Jones, Wood and Jenkins. A Masonic Glee Club was organized under the support of this club and the members pledged themselves to forget self and act together for whatever the majority deemed to be favorable to the advancement of Masonry.

On the evening of the third day of this session the K. Y. Club made its first record by forcing an all-night session in a successful fight against the extravagant allowances which had been made to certain members of the Grand Lodge who acted in the capacity of minor officials or chairmen of committees. The payroll of the body was completely revised and the schedule established which we have at the present time.

A. B. Moore, C. G. Williams, J. H. Jenkins and Joe Herriford led the fight and its result had the effect of stopping the practice of the Grand Master in bringing up to the meetings a coterie of his friends at the expense of the jurisdiction by merely appointing them to some sinecure chairmanship or specially created office.

NEGROES AT THE THEATRE.

I wish to state that in my first article on the above subject, I complained only of bad public manners of some persons in the representative audience at the Shubert theatre which disturbed the comfort of the rest of the audience and invited unfavorable opinion for our race. Neither immoral conduct nor character was the issue. All persons in the controversy admit that my complaint was justifiable. So I regret that Mrs. M. J. Smith took advantage of my article to treat it from a viewpoint that it was not and is not my intention to discuss. It is unfortunate that she uses the term "blackest" to describe a black character, any way such strong sweeping accusations prompted by the spirit in which they seem to be made seldom if ever accomplishes any practical good. Mrs. Smith need not be surprised if she gets no direct reply to her article as it would not be common sense to answer it, but I desire that she reread carefully my first article and also my reply to Mrs. Mary Jones and see if she is really justified in accusing me of "throwing stones." However I have decided to gallantly yield the last word to the woman and rest my case to readers who are fair minded and have a correct knowledge of the English language.

J. A. WILSON.

CARE OF THE BABY.

Before the Baby Comes.
In this series of articles we have been dealing with the early life of a baby, after birth; we have not considered the equally important care of the baby in the months of his life before birth. The necessity for this care is apparent from the fact that statistics show that many thousands of babies die every year in the early days of life either because they were born prematurely, or because they were born too weak to survive. A very large number of them lose their lives because the mothers did not have proper care before they were born, or at the times of childbirth. Every woman expecting a baby should have such care as will result in the birth of a healthy and happy baby.

A prospective mother needs a light, nutritious diet of digestible foods, such as she likes and her appetite demands. Fried and greasy foods, heavy puddings, and all heavy or underdone

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tries, or an excess of any one article should be eliminated from her diet, as well as anything which she does not readily digest.

She should have a full movement of the bowels every day, and for this purpose should eat plenty of laxative foods, rather than resort to medicines. She should have at least eight hours of sleep at night and another hour during the day with all the bedroom windows open. If she has no out-of-door sleeping room. She should have systematic exercise in the open air every day, spending the time pleasantly in walking or in taking some form of light exercise, except at the normal time of the menstrual period, when it is better to rest. She should be careful not to continue her exercise beyond the point when she becomes tired.

She should have a daily tub or sponge bath, having the water neither hot nor very cold, and should rub the skin vigorously afterward.

During the last eight weeks of pregnancy she needs special care. The nipples should have attention each day, according to directions given in a publication of the Children's Bureau called "Parental Care," which is sent free upon request to the Chief of the Children's Bureau, U. S. Department of Labor, Washington, D. C.

Throughout this stage of pregnancy the mother should as far as possible be spared all forms of heavy and taxing labor, in order that her strength may be built up in anticipation of the coming demand upon it. The baby's proper development also depends largely upon the mother's condition at this time, since the baby gains half his weight in the last eight weeks of pregnancy. Therefore, if he is to be born strong and healthy, it is most important that the mother have plenty of good food, and be spared undue work and worry through this crucial period. To help the mother, to afford her opportunity for rest and to relieve her mind of any burden, may entail both expense and trouble upon the family, but it will be repaid a thousandfold in the health of the mother and baby which will result from the effort, not only for the time being, but forever afterward.

The mother of the expected baby

should be under the care of a good doctor as long before the birth as possible, in order that he may watch for and correct any untoward symptoms that may arise.

In a city where the mother has not only plenty of private physicians, but hospitals, dispensaries and clinics at her service, it should be possible for her to have the necessary medical attention to keep her well.

In rural districts where medical attention is more difficult to secure, owing to the long distance the doctor often has to travel, the mother should endeavor to see him now and then, and should send a sample of the urine to be examined, as often as may be practicable, particularly during the last three months.

The pamphlet on Parental Care, already mentioned, gives advice regarding the hygiene of pregnancy, which mothers will find useful.

It is exceedingly important that the ailments of pregnancy be dealt with in the beginning before they develop into more serious matters. At the first appearance of swollen hands and feet, of persistent headache, of pain in any part, of hemorrhage, or of spots before the eyes, a good doctor should be called.

Avoid Worry.

To live above worry is no little task, especially for persons of a nervous temperament. Nevertheless, it is possible and can be attained through the ever conquering power of the will. Then, too, worry is one of beauty's greatest destroyers; it lines the face with furrows that are difficult to remove and far from pleasing to look upon.

Gypsies Unpopular.

Some two hundred thousand gypsies wander about Hungary and are regarded as a dangerous community. So notorious are their thieving propensities that they are not allowed inside the towns, while the villages tolerate them for only two days.

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